

Dear Parent/Guardian,

On Today's Date, Student Name

had at least one symptom that may be caused by COVID-19. They reported or showed signs of:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Fever (= or >37.8)     | <input type="checkbox"/> Runny or stuffy nose,  | <input type="checkbox"/> Nausea, vomiting,    |
| <input type="checkbox"/> New or worsening cough | or pink eye                                     | diarrhea, stomach                             |
| <input type="checkbox"/> Difficulty breathing   | <input type="checkbox"/> Loss of taste or smell | ache  |
| <input type="checkbox"/> Sore throat            | <input type="checkbox"/> Headache, chills,      | <input type="checkbox"/> Sluggishness or lack |
|   | fatigue, malaise, or                            | of appetite                                   |
|   | muscle aches                                    |   |

### What should you do next?

**Are your child's symptoms related to other causes or conditions that are not new to your child (for example, allergies, asthma, menstrual cramps, anxiety, etc.)**

- **IF YES**, your child may return to school when feeling well and is able to pass the COVID-19 School Screening tool.
- **IF NO**, your child should get tested at a COVID-19 Assessment Centre:
  - Guelph (400 Southgate Dr.)
  - Orangeville (140 Rolling Hills Drive via Highway 10)
  - Fergus (Legacy Groves, 235 Union St. E.)
  - Visit <https://covid-19.ontario.ca/> to find an assessment centre near you.
- Your child should self-isolate at home except to get tested or for a medical emergency
- Avoid contact with others (including household members) as much as possible.
- If you have questions, call your health care provider or Telehealth **(1-866-797-0000)**.

### How do you get the test results?

- Test results are available online at [covid-19.ontario.ca](https://covid-19.ontario.ca/) (if you provided them with a green health card at the time of testing). Click on "view your test results" and enter your child's information. Test results are usually available within 2-10 days.

### What should you do while waiting for the test results?

- You should follow the direction provided by the assessment centre.
- Your child should remain in self-isolation and avoid contact with others as much as possible.
- Other household members—such as siblings—may attend school as long as they have no symptoms and are able to pass the COVID-19 School Screening Tool. They should self-monitor and/or be monitored by their parent/guardian for symptoms. They should isolate immediately if they begin to show symptoms.

## What do you do if the test result is **NEGATIVE**?

- When your child does not have a fever (without using medication), it has been at least 24 hours since their symptoms started improving, they can return to school.
- Mild symptoms known to persist in young children (for example, runny nose) may be ongoing at the time of return to school if other symptoms have been resolved.
- Documented proof of the negative test is not required to return to school.
- Siblings (or other household members) of the student may attend school if they pass the COVID-19 screening tool.

## What happens if the test result is **POSITIVE**?

- You will receive a call from a Public Health Nurse who will provide you with guidance on what to do. They will also ask you/your child questions to find out who your child may have come into contact with in the last two weeks.
- Public health will also contact your child's school to find out who your child was in contact with and provide them guidance to prevent the spread of COVID-19.
- Your child may return to school following the guidance provided by public health which will include:
  - Student has isolated for 14 days after the onset of symptoms, AND
  - Student no longer has a fever, AND
  - Student's symptoms have been improving for at least 72 hours.
- Students do not need to be retested or present a medical note to return to school.

## What happens if my child does not get tested?

- Your child must isolate for 14 days, unless **ALL** the following apply:
  - A doctor diagnosed them with another illness
  - They do not have a fever (without using medication)
  - It has been at least 24 hours since their symptoms started improving
- Other household members—such as siblings- may attend school as long as they have no symptoms and are able to pass the COVID-19 School Screening Tool. They should self-monitor and/or be monitored by their parent/guardian for symptoms. They should isolate immediately if they begin to show symptoms.

## How do you get more information?

If you need more information you can go to Wellington-Dufferin-Guelph Public Health's website at [wdgpublichealth.ca](https://wdgpublichealth.ca) or call **519-822-2715, ext. 7006** to speak to a Public Health Nurse.

## Coronavirus Disease 2019 (COVID-19)

# Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

## Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer as an alternative.



## Wear mask, gloves and eye protection

- Wear a mask, gloves and eye protection when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).
- Examples of eye protection include safety glasses, goggles and face shields.



## Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.
- Clean your hands again with soap and water before touching your face or doing anything else.



## Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



## Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



## Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



## Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



## Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.



## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information please contact: \_\_\_\_\_

The information in this document is current as of July 31, 2020

## Coronavirus Disease 2019 (COVID-19)

# How to Self-Isolate

**You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).**

## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



## Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



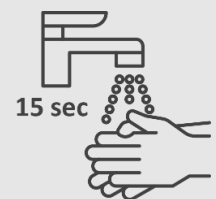
## Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask or face covering that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes. See [physical distancing](#).



## What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

## Learn about the virus

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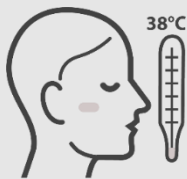
## Coronavirus Disease 2019 (COVID-19)

# How to Self-Monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

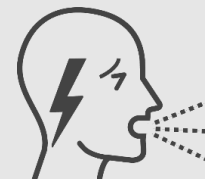
## Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

## Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others (a minimum of two metres) if you become ill.
- If you are unable to maintain a two metre distance, wear a non-medical mask or face covering to protect others from your potentially infectious droplets.

## What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on [how to self-isolate](#)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

## Learn about the virus

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